

The official newsletter of the MMBA - Issue #56 - Summer 2001

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Yankee Springs / Deep Lake Time Trial April 22 Deep Lake Campground / Middleville, MI Tailwind Enterprises (248) 634-6178 Fort Custer Stampede Fort Custer Recreation Area / Battle Creek, MI Mike Needham (616) 731-4078 May 20 Addison Oaks Spring Classic Addison Oaks Park / Leonard, MI Oakland County Parks (248) 858-4647 June 17 Whiskey Creek Whiskey Creek Resort / Custer, MI Tailwind Enterprises (248) 634-6178 July 1 Bloomer Park Bloomer Rec. Area / Rochester Hills, MI Tailwind Enterprises (248) 634-6178 July 15 Ruby Campground Ruby Campground / Ruby, MI Tailwind Enterprises (248) 634-6178 Big M August 12 Big M Ski Area / Manistee, MI Tailwind Enterprises (248) 634-6178 August 26 Fort Custer Stampede Fort Custer Recreation Area / Battle Creek, MI Mike Needham (616) 731-4078 Stoney Creek September 9 Stoney Creek Metropark / Shelby Twp., MI Tailwind Enterprises (248) 634-6178 September 16 Addison Oaks Spring Classic Addison Oaks Park / Leonard, MI Oakland County Parks (248) 858-4647 September 29 Glacier Gorge Otsego Club / Gaylord, MI Tailwind Enterprises (248) 634-6178

New MMBA Phone Number!

The MMBA will have a new phone number soon! The former number 810 392-3145 will be replaced by this new number

(517) THE-MMBA (843-6622)

The Bent Rim Bugle is a quarterly publication of the



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Visit the MMBA on the web at www.mmba.org for contact information and much more.

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A few words from Todd Scott

The first half of 2001 has been a transition period for the MMBA. For years the MMBA has enjoyed the consistency of Dwain (Executive Director) and Jason (President). In their absence, we've sputtered a bit, which has led to a couple major issues.

First, some members have not received their membership packets or trail resource handbooks (with a green cover).

If this has happened to you, please contact our new Executive Director, Roger Dyjak, and we'll get this taken care of. Roger can be contacted by email at TheMMBA@Yahoo.com or by phone at (517) THE-MMBA (843-6622).

Second, our new member numbers are down. This is due to many reasons, but primarily, we have not done a good enough job of getting applications in people's hands. The State Board is also pursuing a few avenues for increasing membership. One such plan is to distribute the many thousands of fresh, new applications that we recently received.

If you need MMBA applications for your favorite store, trailhead, or friends, contact Roger Dyjak, as mentioned above.

In closing, I'd like to heartily thank Bryan and Karen for taking on the **Bent Rim Bugle** publishing. If you see them at a Mountain Kids event, Spokejunkies ride, or a race, you may consider thanking them as well.

Have fun -- Be courteous.

Todd Scott AllYearGear@home.com

MMBA "Behind The Scenes"

With Executive Director Roger Dyjak

MMBA Advocacy Activity

The Southeastern Michigan Trail Action Plan has been released by the State of Michigan DNR Parks and Recreation Bureau. The comprehensive plan was formulated by the DNR Parks and Recreation Bureau with input from a 23-member stakeholder group. The documents' main goals are, as follows:

- 1. Develop and administer a Trails Program with consistent and well-managed policies that are uniformly applied throughout southern Michigan.
- 2. Preserve the natural resources by requiring that all trail systems and use is compatible with the natural environment.
- 3. Generate and acquire sufficient funds to sustain the Trail Program in the long term.
- 4. Encourage the participation and engagement of stakeholders to open up the lines of communication and create partnerships for better informed policy and decision making.
- 5. Construct and maintain sustainable trails that meet the needs of the users, provide enjoyment and are user friendly and safe.

The Southern Michigan Trails Action Plan is a very important document for the DNR and user groups, including the MMBA. The plan will be implemented within the year 2001 with the scope expanding state-wide, eventually. The MMBA has, and will continue to be, at the disposal of the DNR for implementation and assistance with the plan.

The MMBA is currently developing a Trail Construction Handbook that deals with topics concerning Michigan flora, fauna and geology. The handbook will be utilized by the DNR as a resource for future DNR publications.

It is the belief of the MMBA that the DNR is progressing in a positive, insightful manner with

regard to the goals set forth. The goals run concurrent with the goals of the MMBA, socially responsible, environmentally friendly multi-use trails where appropriate.

You can view the complete Southern Michigan Trails Action plan on page 6 of the MMBA web site (www.mmba.org).

Drummond Island

Dan Harrison, MI. IMBA rep. and MMBA Board Member, and I traveled to Drummond Island recently to meet with land managers, a variety of motorized and non-motorized trail user groups, and local individuals concerning trails on Drummond Island.

Drummond Island has miles of trails that travel over public and private lands. The charge of the meeting was to discuss how the user groups can work in conjunction with the DNR Forestry Division, other user groups and private land owners. The discussion was positive in the sense that mountain biking was embraced as a positive use on the trail systems.

Dan and I will be working hand in hand with all interested parties to develop and promote mountain biking on Drummond Island. A big THANK YOU to Dan Harrison for all of his tireless work!

Sleeping Bear Sand Dunes General Management Plan:

The National Park Service conducted a survey based upon four distinct plans in regard to the Sleeping Bear Sand Dunes. The plans each consisted of separate components that will affect the development of the National Lakeshore.

The environment, historic preservation and recreation were focal points. Mountain biking was included in three of the four plans. Plan number three considered recreation, historic preservation and the environment in equal quantities. Therefore, the MMBA supports plan number three as the best alternative in that it considers each component as important and equal. The MMBA will continually update you on the status of the project.

Continued on page 5.

To view the entire plan, link to www.nps.gov or write to:

Sleeping Bear Dunes 9922 Front Street Highway M-72 Empire MI. 231 326-5134

I want to personally thank each and every one of you for your time and commitment to multiuse mountain bike trails in Michigan. Without your efforts, we would not have over 3,000 miles of multi-use mountain bike trails to explore our back country on. I look forward to seeing you on the trail. Until next time, keep your volunteer hours recorded and enjoy all that Michigan has to offer!

Roger J. Dyjak **MMBA Executive Director** themmba@yahoo.com





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Southeastern Michigan Trails Draft Action Plan

This plan has been released by the Michigan D.N.R. The plan affects every trail and subsequent user group in S.E. Michigan. Be advised that MMBA Executive Director Roger J.Dyjak has contacted Rodney Stokes, DNR Park and Recreation Chief and Paul Yauk, D.N.R. Trail Chief to discuss the implications of the plan. You can review the plan for yourself here and on the MMBA website, along with updates (www.mmba.org). The plan is still currently under review by the MMBA.

The Plan:

GOAL #1

Develop and administer a Trails Program with consistent and well-managed policies that are uniformly applied throughout Southern Michigan.

Objective 1.1

Operate the trails with uniform and consistent management policies and procedures while also allowing for coordinated park level decision making. PRB will create a trails committee by spring of 2001 with the charge to develop a uniform trail management policy, gain bureau consensus on management issues and develop uniform maintenance policies. PRB's trail coordinator will form this trails committee. The committee will be comprised of a representative from operations, planning, stewardship, a district supervisor, and two park supervisors. Initially, the trails committee will meet every month and be asked to provide quarterly updates.

ACTIONS:

- 1. Determine the role of each state park in meeting the need for recreation trails in S.E. Michigan. Maintain the inventory of existing public regional trail opportunities. Prioritize the need for additional recreational trails in S.E. Michigan.
- Create criteria to evaluate each state park's existing network of trails. Develop standards and guidelines to identify safety and environmental trail concerns for sustainable trail. Assess whether the current trail network is appropriate with current levels of use.
- 3. Create criteria to evaluate all proposals to create new trails, expand existing trails or change trail use designation. Create a database and review process to evaluate trail proposals.

- Establish trail design and operation standards.
 Develop a trails design guide Develop a process to determine what uses are
- appropriate and compatible for each state park trail. Determine the role and responsibility of volunteer groups.
- 5. Develop a process for receiving public input for trails.
- 6. Secure new and existing funding sources.

TIME FRAME Trails committee will meet starting in the spring of 2001 and provide quarterly status reports for one year. The future role of the trail committee will be determined after achievements from the first year are assessed.

Objective #1.2

Designate a trails coordinator position and support staff to manage the trails system throughout S.E. Michigan. The PRB trails committee shall oversee state wide coordination. Park trail issues will be assigned to the district supervisor, or their designee who will be responsible for implementing trail improvements, code of conduct, enforcement and safety improvements.

Actions.

1. Include trail issues in appropriate field staff's performance objective. PRB trail coordinator will meet with the field coordinator and management team to establish trail priorities in performance objectives.

Objective #1.3

Develop and enforce consistent safety standards.

Actions:

- 1. Develop trail safety standards within the trail design guide.
- 2. Continue to apply for RIF grants to address trail safety issues or emergency site improvements.
- 3. Post Trail use routes at trail heads in each park.

Objective #1.4

Manage the trails to permit multiple or separate uses where appropriate.

Actions:

PRB will promote multi-use whenever possible.

Continued on page 7

- 2. PRB will be proactive to resolve trail conflicts by developing standards for trail use, operation and design.
- 3. The trails committee will develop criteria to determine what uses are appropriate.

GOAL 2:

Preserve the natural resources by requiring that the trails system and use is compatible with the natural environment.

Objective #2.1

To design and manage trails that do not hinder the natural beauty, continue to preserve the resource and are environmentally compatible.

Actions.

- 1. The first priority of the trails program will be the repair of existing trails to make them environmentally compatible.
- 2. PRB will close redundant trails and limit the construction of new trails until exiting trails are repaired.
- 3. Design of new trails will support recreational use, while remaining sensitive to the resource.
- Include the stewardship program review of all trail work item proposals.
- 5. Complete the GIS mapping of all approved trails in the Park system.

Objective #2.2

Promote interaction and collaboration that foster the stewardship of the trails system.

Actions:

- 1. Coordinate with PRB stewardship program, trail improvement and development efforts.
- 2. Proper land management and trail design will take into account existing environmental conditions and the utilization of existing resources such as MCCC Labor and volunteer groups.

GOAL 3:

Generate and acquire sufficient funds to sustain the trails program in the long term

Objective #3.1

Effectively, systematically and regularly pursue all viable avenues to increase funding for trails.

Actions.

- PRB will actively apply for additional trail grants from existing or new sources for trail operation, maintenance and development.
- 2. PRB trails coordinator will collect data on operation and maintenance expenses for trail and support facilities for use in grant applications.
- 3. PRB will explore the following sources of funding.
- -Oil and gas revenues
- -General revenue funds
- -Tax revenue streams
- -Fees
- -Endowments
- -Federal Funds
- -Grants
- -User group donations
- -Equipment rentals
- -Sponsorship of trail
- -Event fees
- -Event sponsorship

Objective #3.2

Speak with a unified voice to Michigan governmental representatives regarding trail issues

The DNR web site provides as a primary means to communicate with a unified voice on trail issues.

Actions:

- 1. Create a trails sub-site on the PRB's web site
- 2. Utilize user group's newsletter and publication on trail issues.

GOAL 4:

Encourage the participation and engagement of stakeholders to open the lines of communication and create partnerships for better informed policy and decision making.

Objective #4.1

Foster constructive communication among all trail stakeholders by continually, actively and formally seeking public input.

Actions:

- 1. The MDNR web-site will provide the forum for state wide trail issues
- 2. PRB will contact local stakeholder groups to assist in resolution of specific trail issues.

GOAL 5:

Construct and maintain sustainable trails that meet the needs of the users, provide enjoyment and are user friendly and safe.

Continued on page 8

Objective #5.1

Assess and prioritize the state and perceived needs of the users.

Actions:

- 1. Address actual and perceived trail needs by utilizing existing surely data and gather the unavailable data. Data shall be analyzed to substantiate or refute a perceived need.
- Prioritizing rail decisions based on protection of the resources, trail maintenance concerns and the regional extent of existing recreational trail opportunities.

Objective #5.2

Inventory and improve the existing trail network, acquire property for trails, develop new trails, and connect existing trails where appropriate.

Actions

- 1. Implement the standards established in the Trail Design Guide
- 2. Practice the necessary trail maintenance program as defined in the trail design guide.
- 3. Monitor and evaluate the condition of park trails
- 4. Make recommendations for existing trail improvements.

New Trails

A new trail proposal may originate from a variety of sources, such as a park unit, friends group or user group. PRB's trails program coordinator, respective district supervisor, the district planner, and the stewardship program will review trail proposals. A trail proposal must include the following:

- -Regional inventory of existing trail
- -Identification of unmet regional demand for trail recreation
- -A determination from the stewardship program whether the trail is consistent with PRB's mission of cultural and natural resource protection.
- -Assess the development funding needs and identify available funding sources.
- -Develop a plan for operation

Actions:

- 1. Implement the standards established in the trails design guide.
- 2. Practice the necessary trail maintenance program as defined in the trail design guide

3. Monitor and evaluate the condition of new park trails.

Objective 5.3

Promote diverse and high quality trails.

Actions:

- 1. PRB will provide this information including skill levels on an updated PRB trails web page.
- 2. Trail characteristics will also be included, such as:
- -Length, width, surface types
- -Permitted and prohibited activities
- -Average grade
- -Trail configuration
- -Skill level
- -Support elements, such as rest area's, water, etc.

Objective #5.4

Develop construction, maintenance and design standards that minimize the impact on surrounding environments.

Actions:

- 1. Safety standards will be included in the Design guide.
- 2. PRB will develop trails based on data generate in #5.3
- 3. PRB will pattern trail operation and design from the following,
- -U.S. Forest Service
- -ADA guidelines
- -MMBA Trail Standard
- -North Country Trail Association
- -MI. Horse Council

Objective #5.5

Implement a standard sign system.

Actions

PRB will adopt a universal trail sign system.

Objective #5.6

Provide variety of trail information thru easily accessible means.

Actions:

- 1. PRB will provide on-site trail information
- 2. Trailheads will include overviews of trail systems.
- 3. Develop DNR web site as the resource for trail maps.

Continued on page 9

Objective #5.7

Manage the trails program in a manner consistent with the Americans with Disabilities Act.

Objective #5.8

Design, construct and maintain trails established to ADA safety standards.

GOAL 6

Educate the public, users and staff about the trails program.

Objective #6.1

Encourage all users to understand and practice courtesy on the trail

Objective #6.2

Enable all user groups to better understand each other's use of the trail.

Objective #6.3

Educate the public on trail resources

Objective #6.4

Educate the staff and users on the trails program

Objective #6.5

Educate the staff and volunteer partnership organizations to work together.

Do you care about the trails you ride here in Michigan?

If so, the MMBA needs your support.

If you are not a member,

PLEASE JOIN NOW!

MICHIGAN MOUNTAIN BIKING ASSOCIATION - GEN	ERAL MEMBERSHIP APPLICATION
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The Michigan Mountain Biking Association is a charitable non-profit organization tax exempt under section 501(c)(3) of the Internal Revenue Code Contributions are tax deductible to the extent permitted by the IRS.	*Beginner, Sport, Expert or Elite

"FEATURED SHOP" >>>> Roll Models in Allen Park



Photos by Bryan Mitchell (www.mountainbikemichigan.com)

Roll Models began as Jack's Cycle and Sport in the mid 60's. The name then changed to Jack's Cyclery in 1985. In 1980 Chris Gee started working there, at age 15. After 14 years of working as an assembler and salesperson the opportunity arose to purchase the busi-



ness. Chris bought the store in 1994 and changed the name to Roll Models, Inc.

The store began as a family oriented neighborhood cycle shop - ten speeds, kids bikes, etc. When BMX exploded upon the

scene Jack's adapted it's product line. At this time, they started a racing team comprised of 8 local riders. As the BMX trend faded, they quickly adapted to the up and coming mountain bike market. The store's primary focus, to date, is mountain bikes, of all sorts.

Roll Models has built it's reputation on knowledgeable staff, trustworthy service, and a staff of cycling enthusiasts from road racers and cross country mountain bikers to BMX and freestyle riders.

Roll Models currently carries GT, Schwinn, Haro, Dyno and Ellsworth product lines. In addition to racing, Roll Models is also currently active in the MMBA's Mountain Kids program.

The race team volunteers many hours to help with the program by storing, and transporting the trailer, riding with the kids, and keeping the bikes in working order. Roll Models has also donated lots of swag to the program, including helmets and water bottles.

If you know of a shop that contributes greatly to the MMBA or to your community, please consider writing an article and email it to BRB@mmba.org. Or contact the BRB at the same email to let us know about the shop.



MOUNTAIN KIDS CORNER

Welcome to Mountain Kids Corner!

It is with great pleasure that I bring to you this page allowing me to give updates and reports on Mountain Kids events, feature volunteers and kid riders, and show my appreciation to those who have generously contributed to our program. I would like to encourage all of you to come out and join us for one of our events – it's a wonderful experience!

Karen Millar, MK Program Director

Special Thanks

The following people/shops have donated generously to our program. Without them, there would be no Mountain Kids.

Roll Models, Allen Park - helmets

Denny's Cycling and Fitness, Lansing – cash donation

Great Lakes Cycle & Fitness, Ann Arbor – cash donation

Zeeland Schwinn and Cycling Fitness, - cash donation

Assenmacher Cycling, Flint – cash donation South Lyon Cycle, - water bottles

Hans Bolte – bike

Pam Tumberella – sewing to raise money

El and Natalie Huntington – cash donation

Lynda Racey – bike and legal advice Bill Rushford – supplying the grill

Dan Harrison – installing quick releases

Bryan Mitchell - photography

Brian Eskelinen - trailering the bikes

And a very generous donor, who wishes to remain anonymous, who donated 15 helmets to be given away to kids.

I would like to express my deepest appreciation to all the volunteers that came out to ride with kids – these events COULD NOT happen without you.



Photos by Bryan Mitchell (www.mountainbikemichigan

For more information, or to schedule an event, contact Karen Millar at kmma2@hotmail.com



VOLUNTEER SPOTLIGHT BILL RUSHFORD Age: 26 Occupational Therapist

Bike: 1999 Gary Fisher Hoo Koo e koo

Why I ride: I ride for the experience of being in the woods with good friends doing something that is good for me spiritually and physically. I ride also to share experiences beyond the daily hum-drum of work. Mostly I ride because it's cool.

Why I volunteer: I volunteered for Mt. Kids because I thought it was a good idea for a good cause. That it might help to change a kid's life, give him or her something to feel confident about.

My favorite Mt. Kids moment: With the first group of kids during the first event we organized. It occurred at the top of the "big" hill we climbed. Just watching the kids' reactions as they either rode it or walked, I noticed that they were all smiling. No arguing or name calling, just a bunch of kids, myself included, in the woods, having a good time.

5th annual Subaru/IMBA Trail Care Crew Clinic.

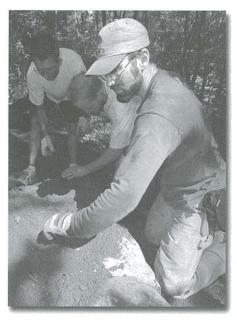


Photo by Bryan Mitchell (www.mountainbikemichigan.com)

Rich Edwards from the IMBA trail care crew.

The Michigan Mountain Biking Association (MMBA) is pleased to invite you or your representative to the 5th annual Subaru/IMBA Trail Care Crew (TCC) Clinic.

The Subaru/IMBA TCC focuses on Multi-use trail lay-out, construction and trail reclamation techniques. The dates are as follows:

Pontiac Lake Recreation Area

Friday August 24 from 10 to 3 pm. Lecture, question and answer period, slide show will take place. Saturday and Sunday August 25

and 26 from 10 am to ?, field work on the trail.

Pinckney Recreation Area

Monday and Tuesday August 27 and 28 from 10 am to ?, field work on the trail.

Southwest Michigan

Wednesday and Thursday August 29 and 30 10 am to ?, field work on the trail.

The MMBA sincerely hopes you or a representative of your association will be able to attend.

The sessions are free and open to all interested trail enthusiasts.

To learn more, go online and to these web sites www.imba.com or www.mmba.org. Also, to register or for more information, you may also contact:

Roger J. Dyjak
Executive Director
Michigan Mountain Biking Association
TheMMBA@Yahoo.com
942 Minor Road
Memphis, MI. 48041



WOMEN AND BIKES

(we might surprise you)

By Karen Millar

"I started riding my banana seated Schwinn as a mountain bike as a child.. Played in the fields, built ramps etc., broke a bike in half.....

"My bike continues to amaze me with what it can do."

Biking is becomina increasingly popular among women of all ages and in all areas of the sport. Many advertisers, adventure travel companies and retailers are focusing on women in their marketing campaigns. Who are these women and what draws them to riding?

In a recent survey of women riders in the area I found a wide variety of riders ranging from expert racers to "slow speed with lots of breaks to ah.. see nature.. yeah, that's it." Most women, however stated that they ride aggressively enjoy the and technical trails most of all. "I enjoy the challenge of Grubers but the rhythm of Highland is best." Many riders expressed a combination of ridstyles and

preferences, "At times, I enjoy technical trails that force me to constantly think about what I'm doing. I enjoy the challenge of them.

At other times, I like riding at Island Lake so I can push myself to ride as fast as possible and feel the breeze blow by. " Why do we ride? Many reasons support a riding lifestyle for women. Many of us ride to clear our heads, to relieve stress, and as time for reflection, but the underlying and most common reason was the love of the sport and the challenge of it. "80% of the time you are abusing the hell out of yourself, but that one ride you have where every-

> thing clicks and all is right with world the makes it more that worth it and keeps me riding." Many women ride for fun, fitness and social opportunities but I think one rider says it all "The WAAA-HOOO factor, is why I ride."

The majority of women surveyed started riding because of a male coun-

their brother, husband or boy-"The friend got them started. WAAAHOOO Some started as a means of rehab (ACL) or other factor, is why fitness purposes. I ride." common thread throughout it all is that, once intro-duced, they all fell in love duced, they all fell in love.

One great story: "An old boyfriend. He was a pseudo-mountain biker. He helped me get my first bike in 1996, a haphazardly put together used Cannondale M-4. We went to TK Lawless, in the wintertime thaw, and rode the course backwards. I remember when I couldn't make it up an icy, muddy little hill he told me that I just "wasn't powerful enough". He was not very encouraging, and I didn't ride my bike again til 1999. Needless to say, I'd like to do a ride with that old boyfriend again and drop him." (author's note: I believe this expert racer most definitely could!) Continued on page 14.







I was curious how these women perceived their treatment as riders in various settings. The good news is that the majority felt that they were treated fairly and respectfully in most situations. Occasionally, women were treated in a condescending manner in bike shops and on the trail but this seems to be an exception, rather than the rule. In a society where women are becoming more powerful, in general, and more respected as athletes, I would hope that this will continue to be the trend. Retailers realize that women are a huge corner of the market and don't want to

alienate us. Believe me, women

WILL shop around for places where they are treated well and will continue to frequent those shops.

Women play a variety of roles in the MMBA. Some are racers and utilize the points series and most are involved in trail maintenance and advocacy in some way. A few of the women surveyed had just joined the MMBA within the last year. Some women feel that the MMBA has a strong, positive relationship with female riders. One rider states, "The MMBA is open to everyone and very proactive with female riders. If nothing else, the male members/riders are aware of the need for more women on the trails and are extremely supportive of women riders in general. This can manifest itself in anything from a little mechanical help on the trail to including women in group rides (that are normally hammerhead rides), women are involved on the board and of course, putting on a great race series that includes women."

However, there is room for improvement. MMBA is perceived by many as only a "political organization who uses their influence to keep trails open and open new trails…" This coupled with the perception that MMBA focuses more on racing leads many to feel that the MMBA "is not really focused on the recreational rider or women." One rider's perception is that the MMBA is "a giant social group.



Photo by Bryan Mitchell (www.mountainbikemichigan.com)

It's about who you know, not what you might bring to the table." Another involved rider states, "I feel the MMBA has a fair to poor relationship with its female riders. I attended a meeting where one of the subjects was to be recruiting more women, and unfortunately I was completely ignored. The subject was, in fact, barely mentioned at the meeting. I have also had some bad experience with racing and comments (usually from sport men, not to stereotype all sport men) about being a "girl" and getting out of their way. I realize that these are the opinions of a few men and not the MMBA, but I don't feel that the organization does all that it can to promote equality of riders on the racing circuit."

One of the issues that was addressed was the lack of women's specific activities. Thanks to the hard work of a few MMBA members we have a Monday night women's ride but even this needs to be endorsed and promoted through the organization on a grander level. The women surveyed had many ideas to help promote female membership in the MMBA, hopefully, we will have some people step up to help bring some of these ideas to fruition (see side article).

Women on bikes. We are out there, we are riding, we are passionate about bikes and all that the sport has to offer. Women on bikes. We might surprise you.

WOMEN AND BIKES

Learning, riding, and having a blast!
MMBA/DNR, BOW Mtb Clinic a Great Success!

"I cant believe I just rode down that!"

"My husband wouldn't believe what I am doing"

"I would have never even considered riding this stuff before"



Photos by Bryan Mitchell (www.mountainbikemichigan.com)

"Just a short note to thank Karen for making room for me in your Women's Mountain Bike Symposium at Stoney Creek today. I can't tell you when I have learned so much, worked so hard, and enjoyed myself as I did today. I wish I could remember all the names of my instructors in Skills (I was in group 4) as they were fantastic. They taught much valuable information at the same time made it fun. Pam, Rick, and Tom were great in teaching bike repair. This was the first time that I have ever taken off a tire, let alone doing it to the back tire. I'm sure it won't be the last. Once again, thank you, everything was very well organized."

Carol Ralston



Story by Karen Millar:

These are just a few of the enthusiastic comments heard from the 40 women who attended the MMBA/DNR, Becoming an Outdoor Woman Symposium on Saturday, July 14th, at Stony Creek Metro park. The day was filled with fun, challenge, lots of learning and lots of excitement.

The women were broken up into groups to rotate through different clinics. They got dirty in the maintenance clinic as they learned how to fix a flat, repair a broken chain and clean and lube their bikes. Tom Klinkman and Pam Tumbarella led the clinic with expertise and flair. Andrea Tucker, of Kinetic Systems, taught the women what to think about when purchasing a bike, how to properly fit a bike, and what kinds of accessories to consider when buying a new bike.

The bulk of the day was spent in skills clinics. The participants were split up into basic beginners and more intermediate groups. Bill Rushford, Jay Jones, Laura Ouellette and Bryan

Mitchell taught everything from basic shifting, weight transfer and balance in the beainners group. The intermediate groups, with help from AI McWilliams, Chris Affer, Terry Ritter,

Tom Andres, Todd Scott, Rich Ouellett, April Wasserman and Jody Koch learned to climb, descend and ride over log piles, among other things. It was amazing to watch the "go get 'em" attitudes of the ladies and the encouragement and teaching skills of the instructors. All in all, it was an incredible day.

There were many delighted faces, smiles and even some bumps and bruises — the volunteer instructors as well as the participants! We all look forward to

doing it again, next year!

Thanks so much to the DNR for co-sponsoring the event and to ALL the volunteers who made it work.



MMBA Five Year Vision

The MMBA is currently seeking your comment in regard to a Five Year Vision. The charge of the vision consists of four major components.

- 1. Identify the goals desired by MMBA members over this time period.
- 2. Strengthen the relationship between MMBA members, land managers and other trail user groups.
- 3. Allow MMBA members the opportunity to directly affect how the MMBA operates.
- 4. Bring forth a consortium of ideas that advocates for mountain bikes as a socially responsible, environmentally friendly method of recrea-

Please comment on the following:

- -Strength(s) of the MMBA
- -Weakness(es) of the MMBA
- -Opportunities for Mountain Biking in Michigan.
- -Threats to Mountain Biking in Michigan
- -Goals for the MMBA:
 - -Short Term
 - -Intermediate
 - -Long Term

Send comments to: Roger J.Dyjak Executive Director, MMBA 942 Minor Road Memphis, MI. 48041 810 392-3145 TheMMBA@Yahoo.com



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SERIES INFORMATION AND REGISTRATION AT:

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Chapter Chatter

Holly Chapter

I hope the summer is treating all Chapter Members well. We started with rain and mud at Holdridge Lakes, to be followed by drought and dust. As many of you have noticed, the pavilion is up and will be shingled in Sept. Some 350 volunteer hours have been logged (this year) on the trail. The next workdays will be posted at the Trailhead and on the webpage. I'd like to stress the importance of the Webpage and E-mail. Most postings have been over the Web and E-Mail, due to cost, PLEASE SEND YOUR E-MAIL ADDRESS to me and I can add you to the list . Currently, we have over fifty addresses on our list and we need you, too! Send your address to rjerrell1@home.com

As a member of the MMBA, one of the most important things you can do is to help promote the organization. Memberships are the "back bone" of the MMBA. YOU ARE THE MMBA! Get involved and stay involved and tell a friend. But, most importantly, keep your membership current.

Grant monies have been applied for, for four pedestal picnic tables, to be added at the trailhead and monies are being sought for a changing room.

Congrats to the many racers in the Point Series, as the Chapter is once again well represented. Enjoy the "ride" and if you have any questions call or Email. Thanks to all!

- >Rick Jerrell
- >President Holly/Flint
- >248.634.7691
- >rjerrell1@home.com

Pontiac Lake Chapter

There are a few more Pontiac Lake trail construction days still coming up in 2001.

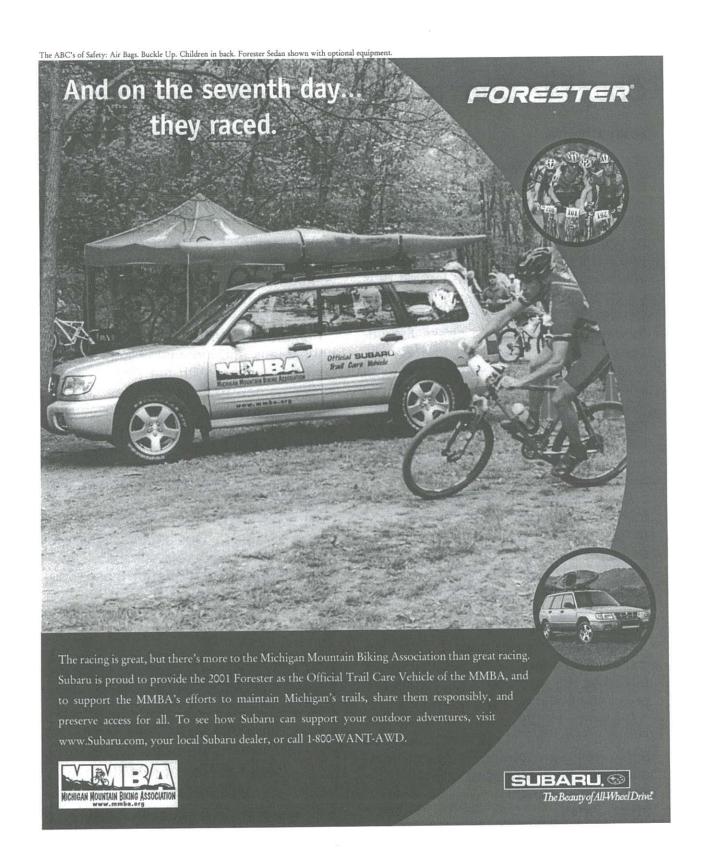
Sat. & Sun. Aug. 25-26 (IMBA in town) (8/24 will be the IMBA trail seminar) Saturday, September 15th Sunday, September 23rd

For the remainder of this project the equestrians and mountain bikers will be working together with the DNR to construct the new trail system. Yes, we will be putting in horse trails and our equine friends will be helping us cut sweet single track! The DNR is giving us full support and will attempt to have a tractor available at each work day for the heavy stuff.

All work days will begin at 9AM, beach trailhead. Our organizations will provide lunch and refreshments. We have "Pontiac Crew" T's for those who did not get one yet.



Quiring Cycles LLC 9695 south cedar drive west olive mi 49460 616.895.6655 www.quiringcycles.com



Thank you Michigan Sports & Fitness for development of Subaru/MMBA ad - for MS&F subscription info call: 734-332-3786



Addison Oaks and then wrapping things up at the Glacier Gorge race in Gaylord. You can follow the point's series on the web at www.scurr. com to find out where your favorite racer stands. Also at www.mountainbikemichigan.com you can find stories and photos of the racing action.

Photos by Bryan Mitchell (www.mountainbikemichigan.com)

Racing News -



The Pines at Yankee Springs.

As I write this its 100 degrees outside which mimics the racing season to this point, hot! But at least it has been dry compared to last years mud fest that seemed to plague every race. It rained on some racers during the CPS opener at Yankee Springs and of course there was

mud at the Addison Oaks spring race. But otherwise the races have been dry, dusty and fast. Through the Stoney Creek Time Trail Jason Lum-

mis was leading the point's series in the elite Men

34 and under class. While Rick Noonan was at the top of the 35 and up elite class. Anne Schwartz was leading the women's expert class with Diane Talaski, well DeAngelis now (Congrats Diane and Gary!), right on her heels.

There are four races left in the series at Fort Custer, Stoney Creek,





The Trenches at Fort Custer.



Top, climbing at Bloomer Park. Left, river running at Ruby Campground

MEMBER SHOPS

The stores and services listed below are MMBA Members as of July 2001.

Those listed in bold text give 10% discounts to MMBA members!

It wouldn't hurt to thank them all the next time you're in their shop.

Adrian

Adrian Locksmith & Cyclery (517) 263-1415

Allen Park

Roll Models (313) 382-1990

Ann Arbor

Great Lakes Cycling & Fitness (734) 668-6484

Two Wheel Tango (734) 528-3030

Copper Harbor

Keweenaw Adventure Co. (906) 289-4303

East Lansing

Denny's Cycle Sports (517) 351-2000

Fenton

Wheels in Motion (810) 629-0969

Eline

Assenmacher's Cycling Ctr. (810) 232-2994

Grand Rapids

Camp and Cruise (616) 677-1274

Grayling

The Bicycle Shop (517) 348-6868

Harbor Springs

Touring Gear Bicycles Etc. (616) 526-7152

Ionia

Dan's Bicycle & Lock Shop (616) 527-0471

Jackson

On Two Wheels (517) 789-6077

Jenison

Village Bike Shop (616) 457-1670

Kentwood

Village Bike Shop, Ltd. (616) 455-4870

Lansing

Denny's Cycling and Fitness (517) 321-6700

ZZ Underwater World (517) 485-3894

Marne

Camp and Cruise (616) 677-1274

Muskegon

Breakaway Bicycles (616) 759-0001

Okemos

Central Park Bicycles (517) 349-8880

Owosso

House of Wheels, Inc. (517) 725-8373

Pontiac

Scarlett's Schwinn Cyclery (248) 333-7843

Schoolcraft

Village Cyclery (616) 679-4242

Sturgis

Kickstand Schwinn Cyclery 616 651-5088

Toledo, Ohio

Mountain Man Ski Shop (419) 536-0001

Traverse City

Brick Wheels (616) 947-4274

West Bloomfield

KLM Bike and Fitness (248) 626-7791

Zeeland

Zeeland Schwinn Cycling & Fitness (616) 722-6223



Send corrections to BRB@MMBA.ORG or call (248) 349-1937

Below are additional MMBA corporate sponsors. Note that Slingshot offers MMBA members a 10% discount.

Cycling Clubs

Cherry Capital Cycling Club Traverse City (616) 947-4274 www.cherry-capital.com/cccc

Slow Spokes of Macomb Sterling Heights (810)-819-0187 www.lmb.org/clubs/spokes.htm

Visitor Bureaus

Petoskey-Harbor Springs-Boyne (800) 845-2828

Manufacturers

Eye on the Earth (616) 784-9327

Slingshot Bicycle Company (888) 530-5556 www.slingshotbikes.com

Race Promoters

Chequamegon Fat Tire Festival (715) 798-3594 www.chegfattire.com Oakland County Parks & Rec (248) 858-0916 www.co.oakland.mi.us

Tailwind Enterprises (248) 634-6178 www.tailwind.net

Team Unlimited (XTERRA) (808) 521-4822 www.xterra.net



Any MMBA member that did not receive their MMBA Trail Resource Handbook for 2001 can do so by contacting MMBA Executive Director at:

Roger J.Dyjak
942 Minor Road
Memphis, MI. 48041
TheMMBA@Yahoo.com

MMBA Patron and Benefactor's

The MMBA would like to recognize the following individuals, companies and associations for their charitable contribution to the MMBA at or above the \$50 level. A big THANK you!

Holly

Robert and Cherrie Anthony Assenmacher's Hill Road Cycling Brad Eshbaugh Matt Halwood

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Central Park Bicycles
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Denny's Cycle Sports
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Dennis Pace and Anne Grofvert
House of Wheels
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Latitude 45 Cycle and Sport Thunder Bay Trails Association

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Steve Balogh
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Tim and Karey Collins
John Fenlon
Brad and Laurie Jerris
Mark Kistner
Greg Lavioblette
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Greg and Joe Quick

Continued on page 22

Pontiac Lake (cont.)

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Southwest

Breakaway Bicycles Christopher Galbreath Terry L. and Wendy Geerligs Brian McBride Mike Moss Dave Tattan Village Cyclery John Weseman

Western

Daniel Bauer Chequamegon Fat Tire Festival Harry T. and Sandra J. Duliban Eve on the Earth Andrew D. and Cara M. Hakken Mike Holovka Bill Herington Mr. and Mrs. Leon Kirschner David O'Donnel Quiring Cycles T and Z Blueberry Farm Village Bike Shop Robert Simons Zeeland Schwinn Cycling and Fitness

Get some help with your training.

Joe Friel, the author of "The Mountain Biker's Training Bible" has a nifty web site up. What is it? This text is quoted from the site.

"TrainingBible.com is a web-based training system that allows you to coach yourself to peak fitness. You can use it simply as a workout log, or a complete coaching tool with over 400 workouts to choose from, designed by Joe Friel. By using detailed analysis graphs and the ability to create customized Annual Training Plans and daily workouts, you can monitor and peak your fitness."

The good news is you can try it out for 30 days free and they are offering MMBA members a discount. If you go to the site to sign up there is a special code that you can enter into the "promotion code" box at the top of the checkout page. Just enter "mmba" in all lower case and your payment will be adjusted as follows:

> 12-month \$79 6-month \$59 3-month \$29

Embroidered Hat

Beige. One-size fits all. Looks great over helmet-hair.

\$18





MMBA Java

Fresh custom Euro-roast coffee beans. Ride faster.

\$18 for 2 pounds

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Official T-Shirt

Heather with black logo and highlights.
Available sizes:
M, L, XL, XXL.
Frankie has one, you should too.

\$17





MMBA Jersey

Made by Biemme.
Get all black and blue
without crashing.
Available sizes:
S, M, L, XL XXL,
but they do run on
the small side.

\$53

Complete this form and mail it along with your payment to:

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Or phone your order in at: (517) THE-MMBA (843-6622)

All prices include shipping.

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